



# Jax Air News

## TOUCHING BASE



### President salutes family members for Military Family Week

Military Family Week is being celebrated this week to recognize families of members serving in the Armed Forces. In honor of this celebration, President George W. Bush has sent a letter to the Armed Services YMCA, sponsor of the week, for families.

The following is the text of his letter:

"I am proud to offer my sincere thanks to the brave wives, husbands, children, and other family members of our Soldiers, Sailors, Airmen, and Marines during Military Family Week.

Many military families serve our country by sacrificing personal comfort as their loved ones help protect our Nation. The men and women who serve in America's military depend on their families for solace and strength as they defend our people and our interests around the world. Your active support of our service members plays a vital role in our national defense and in making our country's Armed Services the finest in the world.

As we work to eradicate the evil of terrorism, military families must continue to meet their distinctive challenges with the American spirit of honor and courage. Your selfless dedication to your loved ones and to our country sets an example of patriotism for all Americans to follow. Laura joins me in sending our prayers, gratitude, and best wishes."

The Armed Services YMCA has sponsored Military Family Week since 1995. For additional information on the week, contact ASYMCA at (703) 866-1260, or by email to MilitaryFamilyWeek@asymca.org.

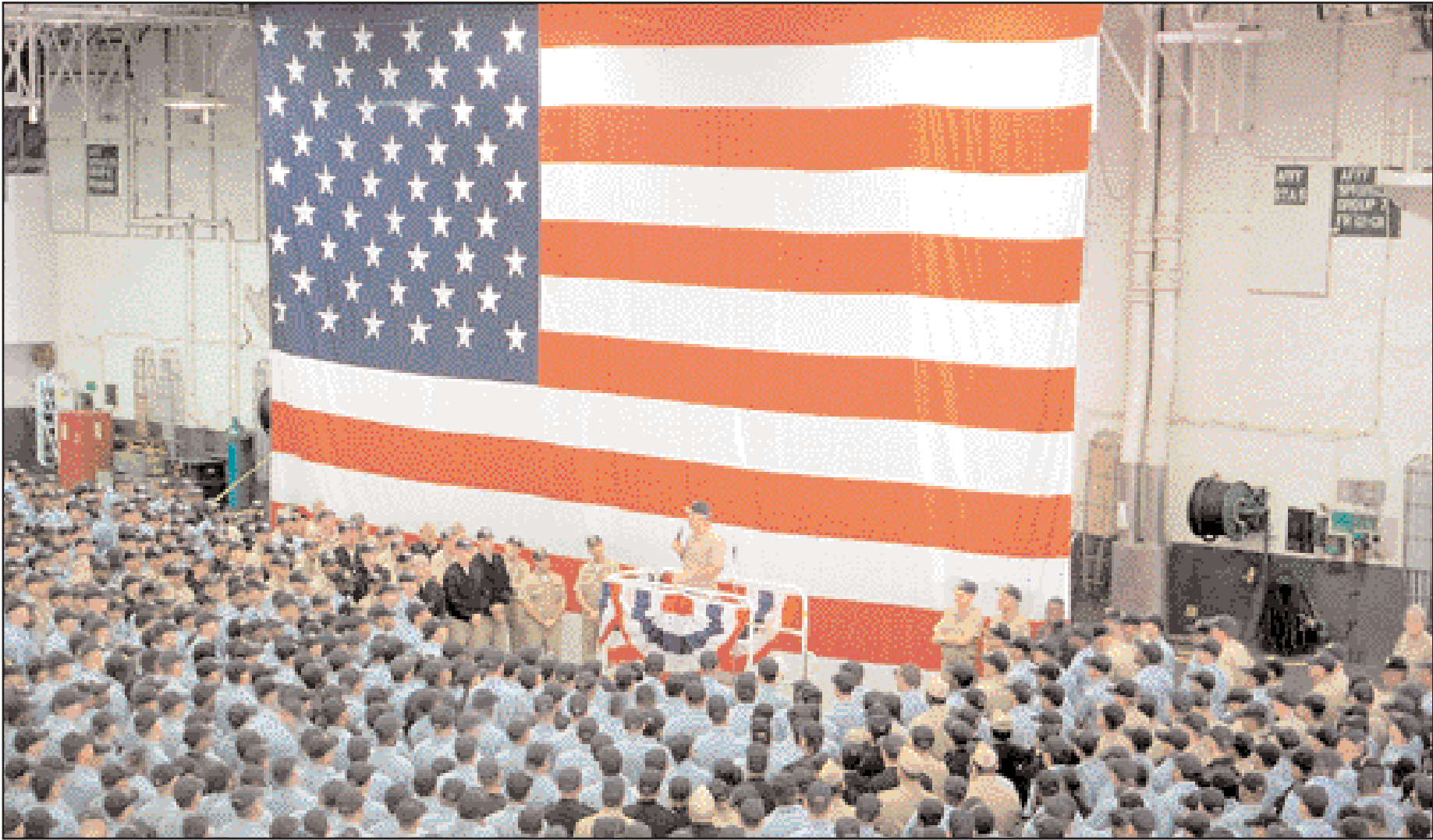


Photo courtesy of USS John F. Kennedy Public Affairs

Mayport Sailors, enlisted and officer alike, crowded into the hangar bay of USS John F. Kennedy (CV 67) to hear what the Chief of Naval Operations Adm. Vern Clark had to say.

# CNO visits area bases

## Adm. Clark huddles with Sailors aboard 'Big John'

USS JOHN F. KENNEDY (CV 67) - Chief of Naval Operations (CNO) Adm. Vern Clark visited USS John F. Kennedy (CV 67) Nov. 13 to speak with Mayport Naval Station leadership and Sailors. He visited NAS Jacksonville on the next day to meet with base leaders.

Kennedy is one of many military stops during Clark's two-day visit on board Naval Station Mayport and Naval Air Station Jacksonville. During an All Hands call on board Kennedy, Clark spoke to more than 4,000 Sailors, representing the carrier and cruisers, frigates and destroyers homeported in Mayport including USS Spruance (DD 963), which was formerly commanded by the CNO.

Clark invited the Sailors to huddle around the raised platform from which he spoke and talked openly about the current world situation.

He said, "We are at war," and used the oppor-

Chief of Naval Operations Adm. Vern Clark meets senior enlisted leaders during a breakfast at the NAS Jacksonville Galley Nov. 14. Clark visited the Jacksonville area to hold leadership calls at NAS Jacksonville and Naval Station Mayport.



Photo by JO2 Mike Jones

tunity to impress upon Sailors their role in anti-terrorism. He reflected, not only on Sept. 11, but also on Oct. 12, 2000, the date of the terrorist attack on USS Cole. He compared the current conflict to Operation Desert Storm, saying this is not going to be an easy victory.

"This will not be over in 100 days," he said. "It's going to take the determination of the people of America and all of our Sailors." For that reason, he implored anyone in a leadership role to tell their people what they expect of them. He also told the huddled throng to sit down with their families and explain what's expected of them as well.

CNO explained that President Bush had told the American people that the U.S. military will put "terrorism on the run." And, CNO explained, Naval forces are perfectly suited to route out terrorism because of the inherent flexibility of our forces.

Clark also told Sailors about attending the Joint Session of Congress on Sept. 20, 2001, when President Bush looked at the Joint Chiefs of Staff and said, "To the military, 'Be ready'." And Clark proclaimed, "We are ready!"

He continued by acknowledging the necessity of the men and women who make up the naval

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# Florida Times-Union joins the Navy

By Loren Barnes  
Editor

Jax Air News charts an exciting new course with today's edition. This issue introduces a new look and welcomes a new publishing partner, *The Florida Times-Union*.

*Times-Union* Vice President and Publisher Carl Cannon and NAS Jacksonville Commanding Officer Capt. Mark S. Boensel signed an agreement on Nov. 7 formally making *The Florida Times-Union* the base newspaper's publisher.

*The Florida Times-Union* was awarded the contract to publish the base paper for the next two years following a formal bidding process. At the end of these two years, the base will have the option to renew the contract for a period of up to five years. At that time, the contract will again go through the complete re-bidding process.

This partnership breaks new ground for both the Naval Air Station and the *Times-Union*. The *Jax Air News* will be the first military weekly newspaper the



Photo by JO2 Mike Jones

NAS Jacksonville Commanding Officer Capt. Mark S. Boensel and *The Florida Times-Union* Vice President and Publisher Carl Cannon sign the *Jax Air News* publishing agreement.

*Times-Union* has produced and NAS Jax will, for the first time, circulate a newspaper in a broadsheet format, the same dimensions that the *Times-Union* is now printed in.

"I think it's a very exciting opportunity for the Navy community and particularly NAS Jacksonville," said Boensel after signing the agreement. "It will also be good for the other part of

the Navy community we serve, the retired folks around the area. I think it's good for the *Times-Union* as well. It will be a win-win arrangement for both of us."

Cannon said, "All the employees of the *Times-Union* are excited about the opportunity to work with the Navy. We look forward to many years of developing a superior product for NAS Jacksonville."

NAS Jacksonville Public Affairs Officer Pat Dooling agreed that involvement with the *Times-Union* promises great things.

"We are very excited about this new relationship and look forward to working with the staff of the *Times-Union* to make the *Jax Air News* the best base paper in the Navy," said Dooling.

The new partnership brings a lot of new names and faces to the production team.

Shepherding the business end of things for the *Times-Union* is Jon Hunt, director of new business development. "We are delighted to have been the success-

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## WEEKEND WEATHER



FRIDAY 48/71  
AFTERNOON SHOWERS



SATURDAY 53/70  
VARIABLY CLOUDY



SUNDAY 52/69  
PARTLY CLOUDY

Seven-day forecast available at Naval Atlantic Meteorology and Oceanography Facility Jacksonville's Website:  
<http://www.nlmof.navy.mil>





# Bicycle ride to benefit CFC

A Cycle for Charity (CFC) ride with United States Postal Service (USPS) Pro Cycling Team member Kenny Labbe is slated for Dec. 1 at 8:30 a.m. at Cecil Field. This 30-mile ride will start at the Cecil Field Commerce Center and is open to everyone. All funds will go to the Combined Federal Campaign.

Labbe was a mid-season addition to the United States USPS Pro Cycling Team in 2000. He has ridden in numerous domestic races as a support rider for the team and won the Junior State Criterium Championship and was

the Illinois State Junior Rider of the Year in 1989. He has also competed in several races in Europe.

Following the "Kenny Ride," is a 3.5 mile family bike ride at 9:30 a.m.

Fees are \$25 for the 30-mile ride and \$25 per family, up to four riders. Those registering by Nov. 23 will receive a free t-shirt. Shirts will be available for \$10 after that date.

To obtain a registration form log on to the CFC web site at [www.cfc-at-work.org](http://www.cfc-at-work.org) or call 390-3259.

The Combined Federal Campaign will run through Dec. 15.



## MEET A SAILOR... PR3 ERIC MARTIN

**Job Title/Command:** Aircrew Survival Equipmentman, Patrol Squadron (VP) 62

**Hometown:** Paducah, Ky.

**Past Duty Station:** RTC, Great Lakes, Ill.

**Family Life:** Wife, Amanda and four children: Devon, Sydney, Kayla and Eric Jr.

**Career Plans:** To become the best parachute packer of all time.

**Most Interesting Experience:** Living in Jacksonville



## MEET A CIVILIAN... BILL VELLELY

**Job Title:** Retail Operations Manager

**Hometown:** Jacksonville

**Past Duty Stations:** Jacksonville

**Family Life:** Married to Jan, with two children: Todd and Wendy

**Career Plans:** Successful retirement.

**Most Interesting Experience:** Working for the Navy Exchange system.

**Words of Wisdom:** "Work hard."

### Sunday Services at the Base Chapel

You are invited to the following Chapel Worship Services this Sunday:

8:30 a.m. - Protestant Communion .

9:30 a.m. - Catholic Mass.

11 a.m. - Protestant Worship.

Children's Sunday Class - Protestant Sunday School program is at 9:45-10:45 a.m., and Catholic CCD is 10:45 a.m.-noon. "Train up a child in the way he should go and when he is old, he will not depart from it."

### New Phone Numbers

Effective immediately, the telephone numbers to advertise in Jax Air News are changing.

For Retail Advertising  
Call Randy Dew at (904) 264-6424 ext. 18.  
Fax: (904) 264-6548.

For Classified Advertising  
Call (904) 366-6300. Fax (904) 359-4187.  
Internet Advertising call (904) 359-4527.

# Traveling on holidays takes extra planning

By Kaylee LaRocque  
Staff Writer

Traditionally, the Thanksgiving holiday has always been one of the busiest travel times of the year. This year while that may not be the case due to all the recent events, some people are still planning to hit the highways or board a plane to visit their loved ones.

Whatever your destination may be, even if it's just driving across town for a holiday feast, remember safety should always be your number one priority.

If you are traveling by airplane this year, remember with all the added security to arrive early. Here are some other tips to remember:

- Give yourself plenty of time to park or use one of the nearby shuttle services.
- Make sure you have proper identification and your bags are labeled before you get to the ticket window.
- Be prepared to have your carry-on bags searched so allow for extra time to get to the gate. Remember any sharp objects will be confiscated. Never accept a bag from someone else.
- When flying be aware of your surroundings. Report anyone acting suspiciously. Know where the exits

are and listen to the flight crew.

The following are some vehicle safety tips to remind everyone of some of those little things we don't always think about.

- To avoid being stranded on the side of the road, make sure your vehicle is in tip-top shape before you head out the driveway. If you do happen to break down, get off the road, turn on the flashers, raise the hood and tie something to the door or antenna. If you don't have a phone, sit in the locked car until help arrives.
- Always carry an emergency kit.
- Keep the windows and doors locked in traffic.
- Wear a seat belt. It's the law.
- If you have to use a cell phone while driving, pull over to the slow lane or to the shoulder of the road.
- Keep the gas tank at least a quarter full.
- If you think you're being followed don't go home, drive to a safe spot and make enough noise to attract attention.
- Park in safe, well-lighted areas and always lock the car. Check the backseat when you return.

When staying in a hotel while traveling, there are several key safety tips to remember:

- If possible, check out a guidebook that gives you information about

the reliability of hotels and what areas of the city to avoid.

- When checking in, women should only use their first initial and last name. If the clerk announces your room number in front of others, request another room.
- Use all locks and chains on the doors. Make sure you see identification before opening the door for room service.
- Lock all luggage left in the room and put valuables in the hotel safe. Make sure you get a receipt.
- Park close to the room if possible.

When traveling, many people worry about the safety of their homes. And since the holiday time is when many people leave, it's the ideal time for a burglar to hit.

- See if a neighbor can get your mail and newspaper or stop the mail.
- Put lights on automatic timers.
- Leave a car in the driveway.
- Don't mention on the answering machine that you are away.

Paying a little extra attention to safety precautions could prevent a major incident from happening. It will also give you a little peace of mind, making the holiday more enjoyable.

# Thanks for all your support

I would like to extend my personal thanks to our Sailors, Marines, and civilians for your numerous acts of heroism and kindness following Sept. 11. Your unsurpassed dedication to country and community has been an inspiration not only to me but to your fellow countrymen as well. You are a fine team of professionals and I am extremely proud of your efforts. We have witnessed our nation rise to the challenge it now faces and I call on each of you to maintain this fighting spirit. As the President of the United States recently said, "We've got a lot of work to do as a nation. We still need the full support of Americans everywhere ...this is a great land. It's a great land because our people are so decent and strong and compassionate."

Department of the Navy personnel have maintained a long and rich his-

tory of "Serving America Twice" through community service. This not only strengthens our link to the community, but also teaches leadership and character key attributes found in our stellar Navy-Marine Corps team members. Many will testify that volunteerism can be one of the most stimulating and rewarding services we can render, and one of the most precious gifts that we can give. As the proud ambassadors, you embody the core values of honor, courage, and commitment that are a part of America's legacy of volunteerism.

For more information, contact your regional community service coordinator, or you can call Navy's community service program manager's office at (901) 874-4267/DSN: 882-4267. The Marine Corps community service manager's office is: (703) 784-9526/DSN: 278-9526.



Honorable Gordon R. England  
Secretary of the Navy

### Navy Exchange announces holiday shopping hours

The NAS Jacksonville Navy Exchange will have their shopping hours expanded for the upcoming holiday season. The following will be the NEX's holiday hours:

Nov.23, 6 a.m. to 8 p.m.

Nov. 24, 6 a.m. to 8 p.m.

Nov. 25, 8 a.m. to 7 p.m.

Until Dec.24 (Christmas Eve) the NEX's hours will be 8 a.m. to 8 p.m. Monday through Saturday and 9 a.m. to 7 p.m. on Sunday.

On Christmas Eve the NEX will be open from 8 a.m. to 5 p.m.

Dec. 25 (Christmas Day) the NEX will be closed.

Dec. 26 to 29 the NEX will be open from 8 a.m. to 8 p.m.

Dec. 30 the NEX will be open from 11 a.m. to 6 p.m.

Dec. 31 (New Years Eve) the NEX will be open 9 a.m. to 5 p.m.

Jan.1, New Years Day, the NEX will be open 11 a.m. to 5 p.m.

Jan. 2 the NEX will resume its normal shopping hours, Monday through Saturday 9 a.m.- 6 p.m., for Thursday the normal NEX shopping hours are 9 a.m. to 8 p.m. and on Sunday, the NEX normal shopping hours are 11 p.m. to 6 p.m.

NAS Jacksonville Commanding Officer .....	Capt. Mark S. Boensel
Public Affairs Officer .....	Charles P. "Pat" Dooling
Deputy Public Affairs Officer .....	Miriam A. Lareau
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Staff Writer .....	JO2(SW) Shae Blasko
Staff Writer .....	JO2(SW) Shae Blasko
Civilian Staff	
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Staff Writer .....	Kaylee LaRocque
Design/Layout .....	George Atchley

The Jax Air News is an authorized publication for members of the Military Services. Contents of the Jax Air News do not necessarily reflect the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Navy. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, or The Florida Times-Union, of the products and services advertised. Everything advertised in the publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age,

marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. If a violation or refraction of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected.

Deadline for all routine copy is close of business the Friday before publication. Deadline for Classified submission is noon Monday. Questions or comments can be directed to the editor. The Jax Air News can be reached at (904) 542-1533 or (904) 542-3531 or by fax at (904) 542-1534 or write the Jax Air News, Box 2, NAS Jacksonville, Fla., 32212-5000. All news releases should be sent to this address.

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Advertisements are solicited by the publisher and inquiries regarding advertisements should be directed to:

Ellen S. Rykert, Military Publications Manager  
1 Riverside Avenue • Jacksonville, FL 32202  
904-359-4111

Randy Dew, Advertising Sales Representative • 904-264-6424, ext. 18



# Times-Union gives Jax Air News new look

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ful bidder to produce the *Jax Air News*," said Hunt. "We have a long history with the military in Southeast Georgia and Northeast Florida and we have looked at the possibility of military publications actively for several years."

The *Jax Air News* falls under the *Times-Union's* Specialty Publications division, headed by Joe DeSalvo. Several new employees have been hired and one was recently moved from another department to work solely on this publication.

Coming in as the *Times-Union's* new military publications manager is Ellen Rykert, the former publisher of the *Kings Bay Periscope*. Rykert has been working with military publications for nearly 36 years and is familiar with all aspects of producing a base newspaper. She will oversee the day-to-day operations involved with this publication and will act as liaison between the *Times-Union* and the Navy.

Another new member of the team is George Atchley, who was recently transferred from Advertising Services to fill the position as graphic designer. He has been a member of the *Times-Union* staff for 18 years. He will continue to work his creative talents by doing the layout of this new publication. Over the past several weeks, the look of the *Jax Air News* has been completely revamped into its new broadsheet format.

The publication's new flag, at the top of the front page, was designed by Sandy Weber of Specialty Publications.

As the new contracted staff writer for the *Jax Air News*, Kaylee LaRocque will work on the base, covering stories and assisting with the layout of the paper. Recently retired from Naval Station Mayport as a Chief Journalist, LaRocque has about 20 years of experience working with military newspapers.

Suzette Gray and Randy Dew will oversee advertising sales by the Classified and Retail staffs, respectively. Mark Landen will coordinate the circulation of *Jax Air News*, both on and off the base.

This new team will work closely with the staff of the *Jax Air News*, currently comprised of Navy Journalists JO2 Mike Jones (Assistant Editor), JO2 Eric Clay, JO2 Shae Blasko, JO3 Jackey Bratt and myself.

I am certain this team will continue to produce a quality publication, providing our readers with the information and entertainment they expect each week. They will continue to uphold the tradition of quality NAS Jacksonville readers have come to expect since the paper was established in 1940.

While continuing a proud legacy, the new team also moves the newspaper into the 21st century. The newspaper will be available on the internet at [www.jax-airnews.com](http://www.jax-airnews.com), a site designed and managed by *The Florida Times-Union*, and at [www.nasjax.navy.mil](http://www.nasjax.navy.mil), the Naval Air Station's web site.

Free advertisements will continue to be available to military, family members, retirees and base civilian employees (deadline noon Mondays) and the *Jax Air*



Photo by Reggie Jarrett/Special

Showing off the prototype that gave *Jax Air News* its new look from The Florida Times-Union are graphic designer George Atchley, and Military Publications Manager Ellen Rykert. They are joined by *Jax Air News* staff writer Kaylee LaRocque and Editor Loren Barnes, holding up the former tabloid version of *Jax Air News*.



New Logo, New Look

Designed by Sandy Weber, Times-Union Specialty Publications

News will continue to accept article submissions. The deadline for editorial content submissions is moving up to 4 p.m. on Thursday for the following week's issue.

The newspaper will continue to be delivered on base each Thursday as well as at several locations off station. While care has been taken to ensure a

smooth transition some delivery locations may be missed as the *Times-Union* takes over the on-base delivery route. If your activity doesn't receive its normal delivery, please contact the *Jax Air News* at 542-3531.

NAS Jacksonville and *Jax Air News* welcomes *The Florida Times-Union* to the Navy!



Photo courtesy of USS John F. Kennedy Public Affairs

Adm. Vern Clark, CNO, praises a Sailor for being part of the Kennedy's crew. Clark honored all of the Sailors present, saying, "We need you. Thank you."

## CNO: Adm. Vern Clark pays a visit to area bases

From Page 1

services by saying, "We need you. Thank you for what you are doing."

When Clark opened the floor to questions, concerns were raised, not about the ship's upcoming activities, but about their future as Sailors. When the question was asked concerning education, Clark said this was one of the most important questions anyone could pose.

"Education is my priority for year two," he said. "I want to deliver opportunity to every Sailor in the Navy. We are going to be a high-tech training organization."

This is not going to happen immediately, he continued, but he said he has assembled a task force to bring this much-needed resource to the Navy's Sailors.

After the All Hands Call, Clark held a press conference in which he praised Sailor's performance and provided an update on the war against terrorism. "We have achieved air superiority," Clark said. "We own the day and we own the night."

Following the press conference, Clark had a private meeting with Command Master Chiefs in the Mayport area followed by a meeting with all Com-

manding Officers in the area.

"CNO stopping by to pulse us here in the fleet was invaluable to the crew of Big John," said Capt. Maurice Joyce, commanding officer of Kennedy. "His visit has confirmed for our young Sailors and officers (average age of 23 aboard big John) that the war on terrorism is not near over, and that the American people are counting on us to be ready when called."

"The carrier battle group has the ability, has the agility to respond globally, and we will."

A large, vertical recruitment poster for the Navy. The background is a dark, grainy image of a ship's deck at night, with a bright orange and yellow light source, possibly a fire or a searchlight, creating a dramatic effect. In the foreground, a sailor in a flight suit and helmet is standing on a platform, looking towards the camera. The text "It's great to have dreams. It's even better to live them." is written in a glowing, stylized font at the top. At the bottom, there is a block of text: "Keep living the kind of life most people only dream about. Talk to your career counselor or detailee for more information about staying in the Navy. Or visit [staynavy.navy.mil](http://staynavy.navy.mil)". The word "NAVY" is written in large, bold, white letters at the bottom right, with the tagline "accelerates your life" underneath it. A small copyright notice is visible at the very bottom left: "© Campbell-Ewald 2001. All rights reserved. Assigned to U.S. Navy."



# ‘Checkmate’ S-3B Viking undergoes modifications in the VS-22 hangar

By Lt. Brian McIntosh  
VS-22 Public Affairs

The S-3B Viking is currently the Navy's only true carrier-based, long-range, surface surveillance and armed reconnaissance platform. Multiple upgrades on Viking systems and weapons capabilities that would considerably enhance the airframe's ability to efficiently prosecute its mission have been in the works for the last few years.

The "Checkmates" of Sea Control Squadron (VS) 22 will be the next S-3 squadron to experience the increased capabilities of these important and potent improvements.

One of the most significant changes to the airframe is the block modifications currently under way for several aircraft in the S-3 fleet. This "Block Mod" will include the new CAINS II upgrade, as well as several airframe changes improving the structural integrity of the aircraft. The CAINS II provides several navigation and weapons systems improvements designed to decrease aircrew workload while improving navigational accuracy. This modification removes and replaces the old Carrier Aircraft Inertial Navigation System (CAINS) with a new, more advanced system of navigation components.

The new system incorporates ring-laser gyros in the place of the old IMUs, to significantly increase the accuracy of the navigation in the aircraft over long periods of time. These ring-laser gyros are the primary component of the new Inertial Navigation System and work in conjunction with the Global Positioning System already in place in VS-22 aircraft.

Redundancy within the navigation system is the key to providing accuracy and reliability under the high demands placed on tactical carrier based aircraft, and the new CAINS II will provide exactly that. The original navigation system in the S-3 was comprised of an INS and later supplemented with a GPS for back-up cross checking of the navigation.

The new CAINS II improves this concept by providing two parallel systems of navigation working in tandem. The first is the EGI (Embedded GPS/INS). The EGI is the new INS, with ring-laser gyro technology, comparing and cross checking positional information against a new GPS, to provide accurate positioning and navigation information.

The parallel system is another GPS, used to compare information with the INS, should the primary system cease functioning normally. All of these systems are self-diagnosing, degrading from one form of navigation to another with no input from aircrew. This function significantly decreases aircrew workload and navigation errors.

Another benefit to the CAINS II, is that both GPS components are capable of providing information directly to the weapons computer for tactical targeting, drastically reducing the processing time required to input navigational data into the tactical system.

In addition to the technical components of the new CAINS II system, the way pilots and NFOs receive the information will also be changed dramatically.

Another modification for the CAINS II aircraft, is the addition of Electronic Flight instruments (EFI). EFI will now be incorporated into the cockpit of "Checkmate" S-3s.

Known to aircrew as a "glass cockpit," the new instrumentation will include four



New Viking capabilities bolster 'Checkmate' effectiveness

multi-purpose displays capable of providing all of the information that was once derived from numerous gauges within the cockpit. This capability greatly increases the efficiency of instrument scan of the Pilot and COTAC. All of a pilot's vital information including airspeed, altitude, attitude, and heading readouts will be available at a glance from one of two screens.

While the modification of the instrumentation within the aircraft is immeasurable in its benefit to pilots and aircrew, another of the modifications to S-3s may have an even greater effect.

VS-22 will be the first Viking squadron in the fleet to receive what is known as the CIP modification. The Communications Improvement Program will upgrade the radio communications capabilities of the S-3 in three primary ways.

A longtime thorn in the side of all S-3 aircrew has been the absence of a VHF radio. Most of the commercial air traffic in the United States runs primarily on VHF frequencies, and the majority of air control facilities outside of the U.S. are VHF exclusive. With the addition of CIP, S-3 aircrew will now have the capability to communicate on these VHF frequencies. CIP will also bring to the table the ability of Viking aircrew to utilize encrypted UHF communications and incorporate the ability to tune

to three decimal places, greatly increasing the range of frequencies available to the Viking.

All of these modifications to the "Checkmate" fleet are not without cost. The maintenance department at VS-22 has their work more than cut out for them concerning the induction of these aircraft into the "Vidar" fleet upon their return from modification.

The Block Mod will completely re-construct the avionics systems within the cockpit, and the methods by which they interface with the computer system. The avionics technicians at VS-22 are faced with the challenge of becoming experts on a system that they have little experience with. The ATs will be required to train themselves on the maintenance and operation of a complicated series of components and parts, all vital to the S-3 mission.

Electricians within the command are also challenged with the task of learning the wiring and electrical composition of what is practically a new airplane. The entire department is currently involved in gaining knowledge and professional expertise on all of these new systems through individual research and collective teamwork throughout the S-3 community.

Many of the other Viking squadrons at NAS Jacksonville have experience with

CAINS II, and are readily sharing their knowledge with VS-22. This collective information sharing, in conjunction with civilian representatives coming from the manufacturers, will provide the initial phase of training.

By the time VS-22 begins their work-up cycle early next year, the squadron will have its entire inventory fully modified. The carrier's long-range, armed surveillance and reconnaissance aircraft will have been made even more effective by the vast modifications brought about through CAINS II and CIP.

The tireless efforts of the VS-22 maintenance department will be evident in the new aircraft and the tremendous capabilities it will represent.

In addition to the CAINS II and CIP aircraft that are on their way to VS-22, the "Checkmates" will have all aircraft wired for the Maverick Plus upgrade in time for deployment. This addition to the weapons abilities of the S-3 will make the "Checkmates" a more formidable surface warfare adversary for those who would threaten the battlegroup.

The new, more technically advanced, and deadlier "Checkmates" will begin work-ups early next year, and are scheduled to take their recently upgraded aircraft on deployment soon thereafter.

## Navy-Marine Corps Relief Society



*Make Us Your First Resource;  
Not Your Last Resort!*

**542-3191**

# ‘Right Spirit’ program targets holiday season

By JO3 Jackey Bratt  
Staff writer

The holiday season is traditionally a time for socializing and celebrating good will. This time of the year can also be stressful for some, especially those Sailors who are separated from their families or loved ones.

Because we often have such high expectations for this season, we are more vulnerable to feelings of inadequacy, loneliness, and disappointment. This can sometimes lead to over-consumption of alcohol, and ultimately to alcoholism.

When consumed, alcohol goes right to the stomach and passes through to the small intestine, where it is absorbed into the bloodstream. It is the single most abused drug for Sailors under the age of 25 and is connected with many safety, health, and disciplinary and family problems in the Navy.

According to Alcoholics Anonymous, alcoholics have little or no control over the quantity they drink or the duration or frequency of their drinking. They are preoccupied with drinking, deny their own addiction, and continue to drink even though they are aware of the dangers.

Over time, some people become tolerant to the effects of drinking and require more alcohol to become intoxicated, creating the illusion that they can “hold their liquor.” They have blackouts after drinking and frequent hangovers that cause them to miss work and other normal activities.

Alcoholics might drink alone and start early in the day. They periodically quit drinking or switch from hard liquor to beer or wine, but these periods rarely last. Severe alcoholics often have a history of accidents, marital problems, and alcohol-related health problems. Episodic violent and abusive incidents involving spouses and children and a history of unexplained or frequent accidents are often signs of drug or alcohol abuse.

Mothers Against Drunk Driving (MADD) reports how damaging alcohol can become. Alcohol plays a major role in automobile fatalities. Less than two drinks can impair

the ability to drive. Alcohol also increases the risk of accidental injuries from many other causes.

The Right Spirit Campaign remains the cornerstone of the Navy’s alcohol abuse prevention campaign. It is key to the Navy’s ongoing commitment to reducing the effects of alcohol abuse on readiness.

The primary objectives of Right Spirit are to significantly reduce alcohol abuse and it’s resultant negative effect on fleet readiness, to educate those Sailors who choose to drink about responsible alcohol use, and to eliminate alcohol incidents in the Navy.

The success in continuing the reduction of alcohol abuse in the Navy has not occurred overnight. It has taken a concerted effort by all personnel supporting responsible drinking and the concept that it’s okay not to drink. Continued success requires active support and involvement of all hands. Ultimately each Sailor makes a personal decision on whether or not to drink.

Responsible drinking means the right place, the right quantity, and the right time. Know your shipmates. Don’t hesitate to intervene and seek professional help from medical, family service centers, and chaplains for those in need. Navy leadership must ensure all Sailors know the consequences of irresponsible drinking. Sailors with repeat incidents of alcohol abuse will be appropriately disciplined and processed for administrative separation.

The sooner alcoholism is detected, the better the chances of recovery. There are several effective treatment methods for alcoholism, and what works for one person may not work for another. Many options should be explored when seeking help.

The commitment to prevention and treatment of alcohol abuse and alcoholism is important to improve Quality of Life for Navy members and their families.

If you suspect you, or someone you know may have a problem with alcohol dependency, you can get help by calling the NAS Alcohol Rehabilitation Center at 542-3474. For more information on The Right Spirit Campaign, talk to your command Drug and Alcohol Prevention Advisor (DAPA.)



Photo by Kaylee LaRocque

## Navy Band Jacksonville entertains

From left: MU2 Jeremy Olsonshelton, MUSN Terry Miller, MU2 David Kraus, MU2 George Kuhns, MU2 Luslaida Barbosa and MU2 Alex Matos provided some musical entertainment to a small audience at Commander, Navy Region Southeast last Thursday. The Sailors are part of Navy Band Jacksonville and were stopping at different locations to provide a little holiday cheer before the Thanksgiving holiday.

## Engine Team from NADep Jax F-117 receives quarterly award

By Susan Brink  
NADep Jacksonville Public Affairs

The F-117 engine team from Naval Air Depot Jacksonville (NADep Jax) recently received the FY01 Third Quarter Air Force Program Executive Officer/Fighter and Bombers Award. Team lead members from the Depot are: Eddie Buller, TF34 and F404/F1D2 Engine Product manager and Loyd Broom, Jr., F1D2 Team lead.

The team reported several achievements for the third quarter. They superbly managed the highly technical and demanding F-117 F404/F1D2 engine program with superior results in FY01 by maintaining F1D2 engine spare status at 150 percent of their goal. While overseeing production of quality engines through the Depot contract, they were instrumental in reducing engine removals from 15 to 9 for the quarter. They also developed and sold innovative strategy to mitigate a projected FY02 \$4M engine shortfall.

The F-117 engine Integrated Product Team (IPT) was formed in 1997 and is comprised of govern-

ment and industry. Team members came from the Naval Air Depot, Jacksonville; the United States Air Force System Program Office, Wright-Patterson AFB; Lockheed Martin Aeronautics Company, Palmdale, Calif.; General Electric Company, Lynn,

Ma.; USAF Air Combat Command, Langley AFB, Va.; and the 49th Fighter Wing, Holloman AFB, N.M.. The team is responsible for total program support consisting of engineering, logistics support and program management to the F-117 warfighters.

## Give the Gift With a Future

**For complete information  
about U.S. Savings Bonds,  
visit our Web site at  
[www.savingsbonds.gov](http://www.savingsbonds.gov).**

A public service of this newspaper



# Small GI Bill investment today can pay off big in your future

By JO2(SW) Shae Blasko  
Staff writer

Add an additional \$600 contribution to your GI Bill today and receive a \$ 5,400 return investment for your future education. This equals a return of nine to one to use for your education.

Active duty members whose original federal education benefit is the Montgomery GI Bill may make an additional contribution, up to \$600, to receive an substational increase in the monthly benefit.

“I highly recommend this to all active duty military who attend on taking any non-military education,” said PN1 Carinthia Ward, leading petty officer at NAS Jacksonville’s Educational Services Office (ESO).

The GI Bill monthly benefit will increase by one dollar for each \$4 contribution. For example, if a member contributes the entire \$600 additional amount, the monthly GI Bill benefit will be increased by \$150 a month.

The current GI Bill benefit for full time school enrollment, off active duty, is \$650 a month. With the addition of this additional \$600, the monthly GI Bill benefits will go to \$800.

Ward added, “The extra \$600 investment is a great return on the money especially for a full-time student.”

Personnel enrolled in the GI Bill program by reason of involuntary separation, conversion from the Veteran’s Educational Assistance Program (VEAP), conversion from Vietnam-era GI Bill, or enrollment during the open

period from Dec. 1, 1988 through June 30, 1989 are not eligible for this option. Only personnel who entered active duty after July 1, 1985 and enrolled in the GI Bill during the first two weeks of active duty are eligible.

GI Bill program benefit rates receive annual cost of living increases. Combining the basic benefit with the increased monthly “booster” of up to \$150 will significantly offset education costs for members. If combined with the current GI Bill benefit amount, the maximum contribution of \$600 results in a nine to one return on the investment if the full 36 months of benefit is used.

For further information on the GI Bill contact the ESO at 542-4210.

# YMCA Essay and Art Contests open to children K-6th grade

The Armed Services YMCA is looking for artists and readers for its two annual essay and art contests.

Art Contest 2002, in its seventh year, seeks artwork from children of military members in kindergarten through sixth grade, depicting their active-duty, Reserve or Guard families. Top prizes are \$500 U.S. Savings Bonds and the winners' artwork is printed on posters for next year's Military Family Week. Children of Defense Department and Coast Guard civilians may enter in an honorary category. The deadline for the contest is Jan. 28, 2002.

With the goal of promoting reading among children, the sixth annual Armed Services YMCA Essay Contest is open to first through 12th grades, with prizes up to \$1,000 bonds. Children and teens of the uniformed services (active-duty, Reserve, Guard and retired), and civilian (DOD, Coast Guard and American Mission) families, can enter the contest. Essays should be on any subject related to reading. Deadline for entry is March 18, 2002.

Full guidelines on the contests can be obtained by visiting the Armed Services YMCA Website at

[www.asymca.org](http://www.asymca.org); emailing [essaycontest@asymca.org](mailto:essaycontest@asymca.org), or MilitaryFamilyWeek@asymca.org; or calling 703-866-1260.

Since the Civil War, the Armed Services YMCA has consistently provided educational, recreational, social and spiritual programs to military members and their families. Celebrating 140 years, the Armed Services YMCA, an affiliate of the YMCA of the USA and headquartered in Springfield, Va., has more than 80 program locations around the world.

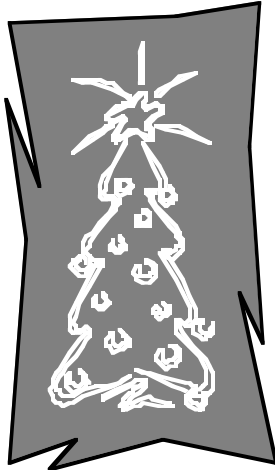
# Christmas Decorations and Christmas Tree Inspections

The Fire Prevention Bureau would like to remind everyone that after Christmas decorations and trees are set up in offices, work centers, barracks and places of public assemblies onboard NAS Jacksonville a safety inspection by the Fire Department is required. The safety inspection will be conducted to check the safe placement of a Christmas tree, use of decorations and lights and to ensure all safety precautions are observed. The inspection will include a check of posted fire bills, adequate fire

extinguishers in the immediate area and the condition and amount of light strings displayed.

Upon completion of a holiday set up and before plugging in any lights, please call the Fire Prevention Bureau at 542-2783/3928 or Fire Headquarters at 542-2451, ext. 10 to request a safety inspection

The NAS Jacksonville Fire Prevention Bureau would like to wish everyone a happy and Fire Safe Holiday Season.



# Officer assists with screenings

By JO3 Jackey Bratt  
Staff writer

In this era of biochemical threats, the Navy's newest Sailors can find comfort knowing they are protected against potential life-threatening diseases such as polio, measles, mumps, and rubella. Helping provide that reassurance to incoming recruits at Recruit Training Command (RTC), Great Lakes, Ill. from Sept. 4 to Oct. 30 was Lt. j.g. Noelle Peterson, a Naval Hospital Jacksonville staff nurse. Peterson was one of the many medical personnel in-processing thousands of Navy recruits during the peak season of boot camp.

Each year, scores of medical active duty, as well as reserve, Sailors are selected from different medical commands throughout the Navy to help the year-round staff at RTC Great Lakes. The additional staffing is funded by the training command.

While at RTC, Peterson was attached to the USS Red Rover Medical Facility where she screened recruits for pregnancy, sickle cell, glucose 6 phosphate dehydrogenase deficiency (G6-PD), and illegal substances. Eyesight, hearing, and dental needs are also assessed at the USS Red Rover facility.

Although all recruits are given an initial screening at a Military Entrance Processing Station (MEPS) in their hometowns, they are required to have immunizations, inoculations, pregnancy, and drug tests performed upon arrival to the Navy's basic training. Varicella, hepatitis A, yellow fever, measles, mumps, rubella (MMR,) polio,



tetanus, and the dreaded bicillin (literally 'to the rear!') shots are administered to 211 recruits.

"You'd be surprised at the amount of recruits that 'pop positive' for drugs or female recruits that are pregnant and don't even know it," said Peterson. When a recruit tests positive for drugs, the Recruit Division Commander (RDC) is notified and the recruit is removed from training. When a female's hormone level indicates that she may be pregnant, the recruit is re-called and re-tested. If she is pregnant, she, too, is removed from recruit training.

Peterson also spoke in a classroom setting with recruits who screened positive for sickle cell or G-6 PD.

"The recruits with sickle

cell/ G-6 PD are given a third "Red Dog" tag, a red, flag-like strap to hang on their hips during physical training and are educated on the importance of hydrating," stated Peterson.

Many times, recruits who have certain restrictions such as sickle cell or colorblindness are restricted to various rates in the Navy. For example, a recruit with limited hearing will not be able to be aircrew.

Shifts on Naval Hospital Jacksonville's surgical floor is a typical day for Peterson, who quickly learned at RTC the administrative side of nursing isn't as easy as she'd thought. There were frustrations associated with administrative processing of recruits.

"Dealing with a mass



A recruit (left) is inoculated during the first week of basic training at RTC Great Lakes, Ill. All recruits are screened for any diseases and medical conditions.

Lt.j.g. Noelle Peterson (above) addresses a recruit during the early hours of the day. Recruits are lined up at 4 a.m. to get their shots out of the way.

amount of recruits equals mass disruption," she said. "They didn't realize that if they filled out the health risk survey sheet and had no problems, they were getting the shots!"

She recalled, "Lots of recruits would get to boot camp and realize they didn't want to become a Sailor, so they suddenly had 'health problems.'"

Peterson would quickly filter out the malingerers and the genuinely sick. Peterson was busy poking and prodding recruits when she learned of the hijackings on Sept. 11. The summer surge became a fall surge of recruits in response to the attacks.

Reservists were re-called. Alongside other personnel, Peterson was instrumental in processing them back to active duty status.

"Many recruits wanted to

know what was going on in the outside world since they didn't have access to newspapers or television," she said. "I felt obligated to let them know the status of our nation. After all, they volunteered to protect and defend." Peterson also had an obligation to her parent command, calling daily to see if she would be deploying to hazardous duty.

Life at RTC was not always "pens" and needles. She made the most of her downtime.

"Being 45 minutes from Milwaukee and 45 minutes from Chicago, on my days off I'd hop in my car and explore," she said. "There are many activities around the area," she said.

"I feel very blessed that Cmdr. Wanda Richard, Assistant Director Nursing, back at NAS Jax offered me the chance to go temporary

assignment duty (TAD) to RTC," said Peterson. Being TAD to assist during the surge or peak season also has its benefits. You are given per diem, stay in an efficiency suite at a hotel, and are given a rental car.

From hearing the distant early morning marching to the singing of the Navy hymn as the recruits marched back to their 'ships', Peterson got a chance to see, or at least listen, first hand enlisted Sailor's military career beginnings.

"I recommend both enlisted as well as junior medical officers take advantage of the surge program," she said. "Although I was referred to as "Chief" by many recruits, there was a great deal of military bearing and respect given to me, and I will miss that."

## New CMC being sought

From the Chief of Naval Operations

Nominations are now being solicited to fill the billet of OpNav Command Master Chief when CNOMC(SS) Thomas LeClercq transfers from this position in April 2002.

The OpNav CMC is a CNO directed billet and as such is a member of the MCPON's leadership panel, meeting twice a year to discuss current Navy plans and policy.

Nominees must be highly motivated Sailors who possess unquestionable integrity, immaculate appearance, and an ability to work effectively with all personnel, up to and including flag officers and diplomatic representatives.

Interested master chiefs holding NEC 9580 are encouraged to submit nomination packages for the position to Director, Navy Staff, 2000 Navy Pentagon (N09B), Washington, DC 20350-2000. Packages

should arrive no later than Dec. 15. To expedite processing, packages may be faxed to the attention of the OPNAV CMC at (703) 602-5061.

Nominating packages are to include:

- Command nomination letter. Nomination letters are to comment specifically on items in paragraph three and four above.
- Typed letter with signature by nominee stating reasons for wanting position.
- Biography including listing of career assignments and awards.
- Copies of last five performance evaluations.
- Copies of last three PRT Risk Factor appraisals including PRT results.
- Two 5X7 color photos in service khaki (one front and one side view).

Finalists should be prepared to interview with the director and if selected, report for duty no later than April 2002.



# The best gift you can give...

## Surviving the holiday season after the death of a loved one

By Lt. Cmdr. Sharon D. Evans  
Naval Hospital Jacksonville Grief Support (H.U.G.S.)

“It was the best of times, it was the worst of times...”  
Obviously, Dickens understood the ups and downs of life well.

It seems like we just begin to enjoy a time of positive trends and happy moments when something, many times unexplainable and unforeseen, happens, crashing us back into the depths of “the worst of times.” Very often a negative event is one that creates some degree of grief within our lives.

What is grief? Grief is related to desire, states Tom Golden. Whether the desire is large or small, if it is not met, you will probably have grief. Golden goes on to say, “an example of a small desire might be the experience of your computer crashing. Most of us have a desire that our systems remain stable and when that desire is thwarted we have a bit of loss and grief. This example is not meant to trivialize grief, rather it is meant to help bring the understanding that grief is a part of everyday life.”

You can imagine all the thwarted desires that arise when someone we love dies, i.e. their presence in our lives, companionship, esprit de corps, sense of history, a desire to say one last thing. We are assaulted and many times overwhelmed by waves of desires that will never be met.

One of the most painful and traumatic experiences a parent will confront is the death of a baby or child. Many times with a miscarriage, stillbirth, ectopic pregnancy or newborn death, grief is misunderstood and therefore resolution does not take place.

The cultural response to early pregnancy loss diminishes the significance of the loss. No public display of sympathy and acknowledgment is done e.g. obituaries, memorial services or funerals. Family and friends express concern for the mother's traumatic experience but may not acknowledge the death of the baby. In the medical setting, the focus may be the physical care of the mother with the emotional needs of



the parents often overlooked. Furthermore, from childhood, we practice our role as parents by playing house or nurturing pets. Many long-standing, often subconscious, desires and expectations are left unfulfilled. Consequently, a number of confusing bewildering and intense feelings will surface, usually without warning.

It may be one, two, five, or more years since the loss but emotions reappear as if it happened yesterday.

If you find yourself in this situation, know that you are reacting to a very tragic and upsetting time in your life. It is important that you give yourself permission to grieve. There is no standard response, no acceptable or unacceptable form of behavior you are expected to follow.

There is a purpose behind the grieving process - to allow yourself to separate from the relationship you have formed with your loved one. This is not to say that the process will help you forget the past or your loved one, but rather to help you reach the stage where you can remember this experience, understand it, accept it, and then look forward to the future.

There is no particular time frame in which the task of “letting go” should be accomplished. Everyone must do the work of grief in their own time. However, grief can last much longer than you or others may expect. You will have many ups and downs.

In our lives, there are many holidays: e.g. birthdays, anniversaries, graduations, weddings, and Easter. These days are difficult days when you are grieving, but for many, the most difficult day of the year is Christmas. Surviving the holiday season of Christmas while attempting to live with the loss of a loved one can seem overwhelming.

Following, is a list of suggestions, “Survival Strategies,” written by Judy

Tatelbaum, M.S.W. Using these suggestions won't take away your grief, but they can help you cope with your grief in a positive and healthy manner:

- Be kind to yourself. Set limits. Don't become overwhelmed by overdoing during the holiday season. Instead, do only as much as you can comfortably manage. It is okay to say, “No”, to family and friends. Choose what is best for you. Do things that are very special and/or important to you. Get rest, nourishment and limit use of alcohol, prescription or over-the-counter drugs.
- Express your feelings. Accept the likelihood of your pain. Give yourself permission to grieve. Set a time for grief and allow yourself to experience your emotions. It is socially acceptable to cry in the shower if soap gets in your eyes. Take a long shower and don't hold back. Feelings expressed ultimately disappear, but when you suppress them, depression and inappropriate anger can result.
- Create support for yourself. Share your concerns, feelings, apprehensions, etc. Sharing your pain relieves it. Find someone who will listen and walk with you during this painful time e.g. a friend or family member, your Chaplain, a local Pastor or church affiliation, the HUGS Group at Naval Hospital Jacksonville, or other community resources.
- Be prepared for Holiday well-wishers: When stranger or acquaintance wishes you, “Happy Holidays” or Merry Christmas” respond with a neutral response e.g. “The same to you” or “Best wishes to you.”

- Don't compare your life to others. Feeling jealous of intact families and feeling deprived are natural reactions after a loss- as if other families are happier than yours, as if other people have what you do not. We have a lot of illusions about how other people live. Contrary to our illusions, holiday times are often not ideal times for families, intact or not. Embracing what you have gives you much more power than regretting what is missing.
- Remember your loved one in a special way. Some families choose to remember their loved one by creating memorials. Donating bibles or works of art in the loved ones name, establishing a scholarship fund for needy students or orphans, naming a star, planting a tree or rose bush are all wonderful examples of creating a living memory. Memorials can also be as simple as having a quiet time with the family and lighting a candle in memory of your loved one. Many bereavement organizations arrange candle lighting ceremonies for their members during the holiday season.

Other survival strategies include: Help another person in need. Invite a single sailor home for the holiday. Celebrate by doing something new and different. You will hurt, but you can survive. The best testimonial we can give to our missing loved ones is how we live our lives. The best gift we can give others and ourselves, for the holidays, for everyday, is to live our lives wholeheartedly. And remember, you are not alone. We stand with you and are here to help.

### Where to find some caring people

HUGS Group at Naval Hospital: 542-9642/7825 Hospital Chapel: 542-7531 NAS Base Chapel: 542-3051 Mayport Chapel: 270-5212 NAS Fleet and Family Support Center: 542-2766 Mayport Fleet and Family Support Center: 270-6600 Community Counseling Center at Naval Hospital: 542-7295 Mayport Community Counseling Center: 270-7189	To Name A Star International Star Registry Creek Road 34523 Wilson Road Ingleside, IL 60041  A Place to Remember DeRuyter-Nelson Publications, Inc. 1865 University Ave., Suite 110 St. Paul, MN 55104  Centering Corp. 1532 North Saddle Omaha, NE 68104
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### VOLUNTEER OPS

Holiday Decorating- Ongoing  
Help non-profits decorate Christmas trees and their facilities for the holiday season. Please call any of the following organizations to help out:  
Florida Christian Health Center and Apartments, Rev. Sharon Ginn, 381-4824  
Boys' Home Association, Lucretia Simmons, 743-3611  
Clara White Mission, Jacoby Pittman, 354-4162  
Serve Meals (Thanksgiving and Christmas)  
Clara White Mission, Jacoby Pittman, 354-4162  
The Inn Ministry,. Judy Newburg, 388-7730.

Christmas Caroling - Through December  
Like to sing? Help out at the following organizations:  
Community Connections, Jo McIntel, 727-6460  
World Relief of Jacksonville, Elaine Carson, 858-9625.

HabiJax - Now through Dec.21  
Building on Faith!" Assist on various home-building sites during the Fall with HabiJax in this special faith-based community project. Landscaping, painting, roofing, and framing are some of the ways in which you can help build homes. Volunteers are also needed at the framing plant, located at the HabiJax headquarters on the northside of town. Minimum age requirement is 16. Call Karen Pruitt at 798-4529.

Annual Golf Tournament - Dec. 1  
The Monique Burr Foundation's mission is to advocate on behalf of abused and neglected children of northeast Florida. Volunteers are needed for their gala golf tournament. Duties will include parking cars and greeting guest. Volunteers must have a valid driver's license. All volunteers will receive a special tournament shirt to commemorate the occasion and dinner. For more information contact, Dianne Parker at NAS Jacksonville, 542-2766, ext. 130 or Senior Chief Battle at 542-3082.

### American Red Cross seeks volunteers

Your American Red Cross is something to believe in! In crisis, we all depend on the Red Cross to be there in times of emergency. Red Cross Volunteers mobilize to help communities in times of disaster. They assist military personnel and families with emergency services and they teach health and safety courses.

Your Naval Hospital Jacksonville American Red Cross needs volunteers to work in a number of clinics throughout the hospital. Volunteers must be able to work for at least four hours per week, be friendly and caring with a smile.

For more information call Helen Donahoe at 542-7525.

## Flu Shots Available

Flu shots are available at Naval Hospital Jacksonville for active duty family members and retirees at the following times and places:

### Tricare Prime Patients Enrolled To Naval Hospital Jax

Internal Medicine/Primary Care Group  
Tuesday, Wednesday and Friday 8 – 11:30 a.m.  
1 - 3:30 p.m.

Family Practice Clinic  
Monday - Friday 8:30 – 11:30 a.m.  
1 – 3:30 p.m.

Pediatric Clinic  
Monday, Wednesday and Friday 9 -- 11 a.m.  
1 – 3 p.m.

### Non-Tricare Prime Patients (including Medicare eligible retiree)

Family Practice Clinic  
Monday - Thursday 3 – 4 p.m.

Pediatric Clinic  
Monday - Thursday 3 – 4 p.m.

(If patients have their medical records, they are asked to bring it with them)



# NAS Jacksonville Sailors help American Legion post

By JO2 (SW) Cliff Williams  
CNRSE Public Affairs

Sailors from CV-TSC Ashore Jacksonville recently pitched in to help paint the Walter Jones American Legion Post No. 244 in Jacksonville. The volunteers were inspired by the recent surge in civic involvement sweeping the country to do something themselves to make a difference and express their own patriotism.

The Sailors volunteered to help the Legion paint various areas of the post. Volunteer and Post No. 244 member IT1 Lamar Salem described out the effort got under way. "I'm a member of Post 244, and a lot of the members there are older and are on a fixed income, so they couldn't afford to hire an outside contractor to fix up the post. I made a few phone calls and 20 gallons of blue and white paint were donated from Mandarin Paint and Decorating," said Salem. "We painted almost all the areas of Post 244, which included the outside posts, the decks in the hall room and the walls which were cracked and desperately needed a new coat of paint."



ET2 Tyrone Mathews bears the Jacksonville heat while painting the outside posts of the Walter Jones American Legion Post No. 244.



Heroes of the day: Mandarin Paint and Decorating manager David Shealy, left, poses with his co-workers. The paint company donated 20 gallons of paint for the Walter Jones American Legion Post No. 244 and also donated paint to another Legion post in Orange Park.

David Shealy, Mandarin Paint and Decorating manager, said his company was glad to contribute to the effort.

"We got a phone call from Petty Officer Salem asking us about getting some paint for renovations for one of the American Legions," said Shealy. "We tried to help them out all we could. We got them 20 gallons red and blue paint, but we weren't able to get the red floor paint for them. We like to help the military, and we have also donated paint to another Legion post in Orange Park."

"These types of programs are great for everybody," explained Salem. "It allows co-workers to get out of the office and do some good for the community."

The Sailors of CV-TSC Ashore have participated in at least four community relations projects in the last month. Another community relations project in the immediate future them is to host Venetia Elementary School for "Real Men Read" Day. In this program, participating Sailors will be asked to read to three or four classes, ranging from pre-kindergarten to fifth grade.



AW1 Charles Harcus gets the chance to work on his artistic side while painting walls at the Legion post.

The American Legion, chartered by Congress in 1919 as a patriotic, mutual-help, war-time veterans organization, is a community-service organization, now numbering nearly three million members, both men and women, in nearly 15,000 American Legion Posts worldwide.

These Posts are organized into 55 departments — one each for the 50 states, the District of Columbia, Puerto Rico, France, Mexico, and the Philippines. Thousands of volunteers serve in leadership and program implementation capacities in local communities as well as on the Legion's standing national commissions and committees.

## COMMUNITY CALENDAR

The Navy Wives Club of America, NWCA Jax No. 86, meets the first Wednesday of every month. Meetings are held in Building 612 on Jason Street at NAS Jacksonville at 7:30 p.m. The Thrift Shop is open Tuesdays and Thursdays and every other Saturday from 9 a.m.-1 p.m. Call 772-0242 or President Barbara Howard at 471-1444.

Clay County Chapter 1414, National Association of Retired Federal Employees, (NARFE) invites all retired and currently employed federal employees to their regular monthly meeting, the second Tuesday of each month at 1 p.m. at the Orange Park Library.

The Fleet Reserve Association will hold its monthly meeting today at the branch home, 7673 Blanding Blvd. The meeting begins at 8 p.m.

Morocco Shriners's 4th Annual Holiday Ham Sale will be at the NAS Jax Main Gate, Nov. 17 from noon-2 p.m. The hams are \$25 and make great holiday gifts. They weigh nine pounds.

The City of Jacksonville invites all boaters to join their neighbors and friends for the 17th annual Jacksonville Light Parade Nov. 24 at 7 p.m. on the St. Johns River in Downtown Jacksonville. For more information, contact the Office of Special Events at 630-3690 or log on at [www.coj.net/events](http://www.coj.net/events) and click on Light Parade.

Scottish Music Festival to be held at St. John's Cathedral on Nov. 25 at 5 p.m. This event features the music of the Jacksonville Drum and Bagpipe Band. There is no admission charge.

USO's PAL Day in St. Augustine is scheduled for Dec. 1. Military members and their families can enjoy a free day on the town. For more information, stop by the USO located at NAS Jacksonville's front gate or call 778-2821.

The Stonewood Ride For Life is Dec. 2. Registration begins at 7 a.m. The ride begins at 11a.m. Entertainment, food and beverages will be provided until 3 p.m. Fees for this event are one-up \$20 and two-up \$25. All fees go toward Shriners Hospital for Children.

The River City Band Holiday Concert is Dec. 7 at 8 p.m. It is hosted by the Mandarin Presbyterian Church, admission is free.

The 13th Annual Turkey Shoot, sponsored by the North Jax Shrine Club, is every Friday and Saturday until Dec.22. The time of the shoot is 6-10 p.m. Tickets are \$3 and \$5. Proceeds benefit the Shriners Hospital. There will be a special all-day shoot on the day before Thanksgiving, Nov. 21, from 10 a.m.-10 p.m.

The 13th Annual Florida Shrine Bowl, fielding the finest senior football players from high schools throughout the state, will be played on Dec. 14 at 7:30 p.m.. The game will be held at the Orange Park High School football field. The cost is \$7.50 for five adults and \$3 for children. For football game information call 642-5200 ext. 10.



# 44th Annual USO PAL DAY

St. Augustine, Fla.  
Dec. 1, 2001  
St. Augustine USO Council is your host

Free for all Active Military Personnel in uniform and their dependents.

Families of deployed personnel admitted free to all attractions upon presentation of military ID card. (Immediate family only)

USO PAL DAY Headquarters (with restrooms) is located at Visitor Information/Preview Center, 10 Castillo Drive.

- Free Parking
  - Free Orientation Film in Museum Theater
  - Free Sightseeing Trains - Old Town Trolley Tours
- These attractions welcome military families for a free day of enjoyment

Alligator Farm - A1A South  
Old Florida Museum - 254 San Marco Ave.  
Authentic Old Jail - 167 San Marco Ave.  
Oldest House - 14 St. Francis St.  
Castillo de San Marcos (Old Fort)  
Oldest Schoolhouse - 14 St. George St.  
FL Heritage Museum - 167 San Marco St.  
Oldest Store Museum - 4 Artillery Lane  
Fort Matanzas - A1A South  
Old St. Augustine Village - 250 St. George St.  
Fountain of Youth  
Potter's Wax Museum - 17 King Street  
Government House Museum - Cathedral Pl.  
Ripley's Believe It or Not - 19 San Marco Ave.  
Lighthouse & Museum - 81 Lighthouse Ave.  
Spanish Military Hospital - 3 Aviles St.  
Lightner Museum - City Hall  
Spanish Quarters - North St. George St.  
Marineland of Florida - A1A  
Whetstone Chocolates - 2 Coke Rd.  
Mission of Nombre de Dios - 27 Ocean St.  
Mission of Nombre de Dios - 27 Ocean St.  
Museum of Weapons & Am. Hist.- 81C King St.

Complimentary Lunch 11 a.m. to 3 p.m. served by USO courtesy of Elks Lodge # 829. The Lodge is located across the Bridge of Lions on A1A South (next to the Amphitheater) or from US-1 South to Rte. 312 across Mickler - O'Connell Bridge then North on A1A.

## On The Go With USO

USO's NoHoHO Program is available again this year. This program provides hotel rooms at some of the nicer hotels in our area, for military members living in barracks or aboard ship. The cost is \$10 per night, not per person, for up to four in a room. The rooms are available from Dec. 18 through Dec. 28. You may use as many of those nights as you need as long as availability lasts.

Reservations must be made through your USO office, Bldg. 1050, front gate, NAS Jax. It's a great deal

for those who are unable to go home for the holidays, those who would like to have family or friends visit them here, or for those who just like to get out of the barracks for a while during the holiday season.

The hotels in our community offer these rooms each year as an expression of appreciation for the sacrifices made by our Armed Forces, many of whom are far from home and family at this special time of year.

For more information, contact JoAnn or Charlene at USO, 778-2821/542-3028.

## JAX TALES

By Mike Jones - mikejones43@hotmail.com



Looking for back issues  
of Jax Air News?  
Check out our  
archives online.

[www.nasjax.navy.mil/JAX\\_AIR\\_NEWS/home.htm](http://www.nasjax.navy.mil/JAX_AIR_NEWS/home.htm)





# DoD policy head speaks on Sept. 11 lessons

WASHINGTON (NNS) - The Department of Defense (DoD) is just now starting to get a handle on how to define military responsibilities in homeland defense, said Douglas Feith, defense undersecretary for policy.

Feith, speaking at the Fletcher Conference here, said the Quadrennial Defense Review (QDR) noted that homeland security is the primary mission of the U.S. military. "No one in the department anticipated how large, how complex and how difficult the territorial security responsibilities of the Defense Department were going to be as a result of the (Sept. 11) attack," he said.

The Fletcher Conference is jointly sponsored by the Institute for Foreign Policy Analysis and the Army. The theme this year is "National Security for a New Era."

Feith said this homeland security mission is not going to be temporary. DoD must be prepared to deal with this aspect of national security for the long run.

Feith said "the speculative world of defense planning changed instantly into the high-speed, here-and-now, no-time-for-theory world of military operations" when terrorists attacked the World Trade Center and the Pentagon. Still, some of the issues raised in the QDR's "speculative world of defense planning" apply to those military operations.

The QDR stressed that even with the best intelligence "we cannot avoid surprises," he said. Another aspect the QDR stressed was that the U.S. military needs the ability to take military action quickly anywhere in the world. U.S. forces must be lighter, more mobile and more lethal even in relatively small-scale deployments.

"We won't have six months to 'flow' 500,000 troops into a theater as we did during Desert Shield," Feith said. "The QDR recognizes we may have to fight more quickly with fewer and lighter units in multiple locations simultaneously."

Another pillar of the QDR is the need for continued U.S. forward-basing. The United States needs forward bases to meet its worldwide responsibilities. But even these bases may not be close enough for U.S. forces to use them, he said.

"We may have to operate where we have no bases," Feith said. "That's why the review stressed long-range strike capabilities."

He said the QDR is important, but planners need to incorporate lessons learned since Sept. 11. One specific lesson of the war on terrorism is that terrorist organizations can't do large-scale harm over an extended period unless they have a territorial base of operations. He said this is why the Bush administration stresses the importance of ending state support of terrorism.

"If we are going to succeed, we have to fight (terrorism) at the wholesale level," Feith said. "There are simply too many terrorist organizations and cells to chase after them individually."

"We need a territorial approach. We need to recognize the importance that state support contributes to the operations of terrorist operations. We have to see to it that other governments deny terrorists the territory from which to operate. Some may have to be compelled; some may have to be persuaded."

He said eliminating the territorial base and state support for terrorism will also help the United States address the nexus of terrorism and weapons of mass destruction.

"It is remarkable that the list of countries that support terrorism and the list of countries that are pursuing nuclear, chemical, biological weapons and missiles are remarkably coincident," Feith said.

The undersecretary said there are limits to what military power can do alone. He said

every instrument of national power must be applied to defeat terrorism.

"Victory will be determined as much on the battlefield of ideas as on the military battlefield," Feith concluded.

## Space, missiles, cyberspace changing military power

WASHINGTON (NNS) - Even before Sept. 11, the world was changing. A Navy admiral and Army lieutenant general addressed the role of military power in this changing environment during the Fletcher Conference here Nov. 14.

Rear Adm. Kathleen K. Paige told the audience of senior military and civilian officials that Sept. 11 exposed the dangers America faces. Paige, systems technical director at the Ballistic Missile Defense Organization, said the attacks in New York and Washington hammered home the point that ballistic missiles are terrorist weapons.

Army Lt. Gen. Edward G. Anderson III, deputy commander in chief of U.S. Space Command, said American ability to control space and cyberspace will determine whether U.S. combatant commanders will succeed.

Paige said DoD recognized nearly a decade ago - following Scud missile attacks during the Gulf War and post-war inspections imposed on Iraq - that weapons of mass destruction and the means to deliver them could pose a true asymmetrical threat to the United States. Defending against such a threat is a change in the military mission.

DoD has refocused and revitalized its missile defense program, she noted. It is now a broad-based research, development and testing effort aimed at deployment.

She said the events of Sept. 11 showed the nation that missile defense is necessary to defend against terrorist threats. The number of countries developing ballistic missiles has skyrocketed over the last 30 years, and any such missile can be a terrorist weapon regardless of its range.

A short-range missile, she said, could fly from Iraq to Tel Aviv. A medium-range missile can reach from North Korea to Japan. An intermediate-range missile could hit London from Libya. An intercontinental missile can hit the United States from anywhere around the globe.

The U.S. ballistic missile defense effort no longer differentiates between theater and strategic missiles, Paige said.

Further, the United States is trying to develop the ability to shoot down missiles in all stages of flight - boost-phase, mid-flight and terminal. The United States must meet this challenge, she said, because the melding of terrorism, missiles and weapons of mass destruction could mean tens of thousands of casualties in the next attack. Missile defense is important, Paige said, because it allows America to address the "unknowns" it will confront in the changing world.

Anderson said space and cyberspace are absolutely crucial to U.S. military success. Regional commanders in chief no longer view space and cyberspace as "enablers," he said, but as core warfighting competencies.

Anderson said U.S. Space Command is working to provide U.S. Central Command with real-time situational awareness for its

fight in Afghanistan. Space Command links warfighters across long distances, provides navigation and timing, and helps with terrestrial and space weather and intelligence, surveillance and reconnaissance information.

American military power depends on the United States remaining a leader in space and information superiority, Anderson said. "We will be challenged," he remarked.

He discussed some promising technologies. He mentioned a space-based moving target indicator that would permit surveillance without the need for overflight rights or landing permissions. Another technology is hyperspectral imagery, which can see through camouflage.

Anderson wants DoD to examine space-based laser communications "to give us the opportunity to move bulk information both into and out of the theater of operations."

"We must translate these technologies," he said. "We need to translate them into our joint and combined forces. We need real-time communications between sensors and shooters and shooters and commanders. A global area of operations requires global reach."

For more information on the Department of Defense today, go to <http://www.defenselink.mil/today>.

## Navy volunteers provide comfort in world's newest democracy

DILI, East Timor (NNS) - On the outskirts of Dili, at the remote Becora Child Center, a team of Navy medical providers recently set up a primary care clinic for patients from the local area. Though many of the ailments were not serious, the clinic provided an opportunity for service members to meet the local population and learn about the struggles and successes of a new democracy.

"About 90 percent of the patients see us for comfort measures - treating colds or backaches," said Lt. Lawrence Ryan, Medical Corps, USS Essex (LHD 2) medical officer. "We're not here long enough to provide preventive measures, and we don't have the capabilities for emergency treatment. If we have emergencies, we refer them to the hospital."

Still, that did not keep 160 patients from visiting the Navy team in the five hours the doors were open. Dr. Ryan said because the patients don't often have access to medical care, many of them come to him just to be assured they are fine.

The locals crowded the small room staffed by two teams, each consisting of a doctor or independent duty corpsman, two corpsmen and an interpreter. Ailments ranged from ear infections to stubbed toes, and included types of skin infections Navy doctors had seen at other locations.

This was one of many projects completed in East Timor during October and November. More than providing temporary relief from lingering problems, the medical teams' efforts - along with those of other Sailors and Marines - provided hope to a culture recovering from devastation.

Hospital Corpsman 1st Class Aaron Olmar, who is assigned to the 31st Marine Expeditionary Unit's Service Support Group as an independent duty corpsman, said the experience at Becora was an eye-opener.

"What I like about this type of work is the children here," he said. "And the people are all very appreciative of our help."

Olmar suggested that anyone who has the opportunity to participate in humanitarian work should take advantage of the chance to experience a different culture, especially when that culture is a country that is just starting out.

"The people of East Timor are starting from the ground up," Olmar said. "Not everything starts out like it is in the United States. This is the initial building block of a democracy."

While the medical team treated patients inside the makeshift clinic, children who gathered around Sailors and Marines outside demonstrated their English skills by singing songs they had learned in school.

One song, "God is so Good," was a testament to their appreciation of the gradual progress the country is making and the hope that even the youngest children hold for the future.

Army Col. Jim V. Slavin, commanding officer of United States Support Group East Timor (USGET), which coordinated the humanitarian relief effort, later commented on this opportune time for American military members to be in East Timor, the "world's newest democracy."

On Aug. 30, 1999, the country voted for and gained their freedom in a United Nations-sanctioned (UN) referendum. What followed was militia-led violence and burning of buildings, including nearly all the schools.

Today, as the UN provides a peaceful transition to a new government, the people of East Timor continue to rebuild. This past August, they selected their first representative body during a peaceful election, a sure sign that their new government is taking shape.

Slavin said the Timorese are now building their country on various levels. They are building an infrastructure, starting with a commitment to better education.

"Within the last two months they've had four demonstrations for (better) education. They're standing up their government, their society, and their infrastructure," Slavin said. "On Sept. 15, they swore in their 88 constituents, basically their founding fathers," Slavin said. "And they had

90 days to form their government, write their constitution, and get it approved."

While they were deciding on their form of government, they were also deciding everything from their national anthem to drivers' registration.

"It's a small country, but they're committed," to making a better place in which to live. "In conjunction with the peacekeeping force, we're doing our little bit (to help)," Slavin said. "This is the first time the U.S. military has tried this, and it's working."

As the last helicopter left the airfield, and headed for Essex, the tired volunteers could look back on the work they had accomplished with the support of USGET and the people of East Timor, and be proud of their role in this historic moment in the birth of this small, young, democratic nation.

For information on USS Essex, go to <http://www.essex.navy.mil/index2.html>.

# NAVY NEWS



# Defending America with pride

## ‘Tridents’ look back on a job well done

By Lt.j.g. J.C. Jones  
HS-3 PAO

Helicopter Antisubmarine Squadron (HS) 3 returned home Nov. 10 from an arduous and operationally fulfilling seven-month deployment onboard USS Enterprise (CVN 65). Their challenging trek took the “Tridents” to the Mediterranean and North Seas, Arabian Gulf, and Indian Ocean. The squadron was welcomed home to NAS Jacksonville by hundreds of loved ones, friends, and those thankful for HS-3’s contribution to Operation “Enduring Freedom.” The patriotism, pride, and resolve within the local area since the September 11th attacks on the World Trade Center and the Pentagon made this homecoming an especially poignant one.

The “Trident’s” deployment was multi-faceted and consisted of numerous detachments, three major exercises, and vital preparations for Fifth Fleet operations in the Northern Arabian Gulf and Indian Ocean. For their exhaustive efforts, the crew was rewarded with exceptional liberty opportunities throughout deployment. Eight port visits featured magnificent climates, cultures, and entertainment. Palma de Majorca, Cannes, Naples, Portsmouth, Lisbon, Rhodes, Jebel Ali, and Souda Bay offered both the Enterprise crew and the “Tridents” numerous opportunities to explore foreign countries, socialize, and enjoy some relaxation.

In May, the “Tridents” broke new ground when they sent a detachment to Tunisia for Combat Search and Rescue (CSAR) training. Tunisian and American pilots conducted joint training with night vision goggles (NVGs) on low level sorties, while “Trident” pilots gained excellent practice navigating the rugged North African terrain. “I’ve never seen land like this,” Lt. John Shannon exclaimed. “We flew around rocky mountains into deep valleys covered with chest-high grass. Formation flying with the Tunisian Air Force pilots was a thrill, and flying over the ancient city of Carthage was an experience I’ll never forget.”

Later that month, “Trident” Combat Search and Rescue crews flew several sorties into Albania, exploring some of the most beautiful terrain they’ve seen. “What a picturesque country to hone your skills in,” Lt. Cmdr. Andy Truluck exclaimed. “We conducted realistic training in the most difficult terrain imaginable for real world contingencies.”

June saw Enterprise (CVN 65) return to the Atlantic Ocean and begin a transit to the British Isles. After a brief port call in Portsmouth, England, the carrier and air wing participated in United Kingdom Joint Maritime Exercise north of Scotland. For the aircrews of HS-3, this opportunity offered the greatest concentration of ASW Training experienced in more than a year. Working with British H-3s and NATO frigates, the “Tridents” tracked Swedish diesel submarines, gained realistic experience and sharpened their warfighting skills.

A diesel sub launched a simulated attack against a British supply ship. We vectored from the Carrier to the origin of the attack and obtained hot contact. After we conducted multiple attacks, we vectored a P-3, an SH-60B, and a British H-3 in turn to pummel the diesel submarine,” AW3 Chad Obermeyer said of his JMC exercise, “it was my first actual contact time with a submarine, and I could not have asked for better training!”

With their hard work complete, the ship and crew steamed south to Lisbon, Portugal, where they enjoyed the hospitality of the pleasant and receptive Portuguese people. “Portugal is a country few aboard have ever visited,” Lt. Cmdr. ‘Puck’ Esposito remarked. “It was refreshing and invigorating to tour this land of tranquil beaches, majestic castles, and captivating cities. In some ways, the amazing maritime heritage of the Lisbon area reminded me of the great history of the Norfolk area.”

The carrier then steamed to the Eastern Mediterranean and finished preparations for their turn at the pointy end of the spear. During the high-tempo operations, “Troubleshooter” 615, crewed by Lt. Cmdr. ‘Puck’ Esposito, Lt. Ryan Keys, AW1 Mike Thayer, and AW1 Ron Jankowski, reminded all hands why search and rescue remains such a vital mission. The crew was airborne when a VS-24 maintainer was blown off the flightdeck by jet blast. Responding in flawless fashion, the crew recovered the wet, but otherwise unharmed crewmember in less than six minutes. “It was almost too easy to be a real SAR,” Keys commented after the rescue. “Everything played out just like the scenarios we brief and practice countless times.”

In July, the crew of Enterprise honed their skills with intensive live-ordnance drills before entering the Suez Canal. During their transit, two armed HH-60Hs stood immediate action alerts to ensure force protection. Once in the Red Sea, Enterprise and CVW-8 made best speed for their date in the North Arabian Gulf.

After safely relieving USS Constellation (CV 64), the “Tridents” and their CVW-8/CVN-65 team tackled the withering heat and intense tempo of Arabian Gulf in support of Operation “Southern Watch.” During this period, the “Tridents” remained ready for any challenge, whether standing combat search and rescue alerts in support of air



HS-3 rescue swimmers (AWs) show the colors on the deck of the USS Enterprise during Operation Enduring Freedom. Left to right are AW1 Chris Freishlag, AW2 Matthew Mintzyer, AW3 Chad Obermeyer, AW1Troy Weatherly, AW2 James McBride and AW2 Sean Upton.



A “Tridents” HH-60 helicopter flies a vertical replenishment mission lifting an F-2C aircraft engine onto the deck of the USS Phillipine Sea (CG 58).

Photos courtesy AW1 Mike Thayer



(Above) Lt. Dustin Smiley, Lt. David Zerfas and AOC Larry Rerrode on the flightline of the USS Enterprise as they prepare to preflight a “Tridents” helicopter. In the background are EA-6B Prowlers.



An HH-60 (left) practices landings in Albania.

“  
I’ve always considered serving the United States as a privilege. Taking care of our sons and daughters and achieving great things with them is a thrill that I will enjoy every day while I am their CO. Since September 11th that thrill has crystallized into resolve, and it has been my honor to see our sons and daughters make us proud. They are the everyday heroes that make this country great.  
”  
Cmdr. Lee Schonenberg  
HS-3’s commanding officer

strikes into Iraq or inserting SEALs aboard a contraband merchant ship. Their multimission tasking required the utmost in professionalism from the “Trident” maintenance department as they diligently maintained two HH-60H and four SH-60F aircraft in a full-mission-capable status.

After three weeks of intense flying, Enterprise headed for the United Arab Emirates and a much deserved break in Jebel Ali. Some onboard opted for remaining in the pier-side recreation area affectionately called “the sandbox,” but many others found the city intriguing and a great place to take a well-deserved break. Four days later, the “Tridents” returned to the Gulf for two additional weeks before USS Carl Vinson (CVN 70) arrived to assume the watch.

When they departed the area, the “Tridents” had amassed some truly impressive statistics. HS-3 accumulated a staggering 594 flight hours for the month of August. “I flew my butt off,” Lt. Cmdr. Dave White said, “and I enjoyed every minute of it.” The entire battlegroup was later commended for completing such a rigorous schedule while maintaining safety and the highest level of professionalism.

With their requirements in the Northern Arabian Gulf complete, Enterprise began transiting south for a scheduled visit to South Africa.

However, events in the United States brought these plans to an abrupt halt when live images of attacks on both the World Trade Center and the Pentagon were brought to Enterprise via CNN. In what seemed like minutes, the battlegroup reversed course in order to execute national tasking in the Indian Ocean. During this period HS-3 took responsibility for conducting Sea Surface Control (SSC) missions that were vital to maintaining a precise picture of surface contacts within the battlegroup’s vicinity. As the days passed, the entire CVW-8/CVN-65 team remained in a heightened state of readiness while awaiting possible orders for contingency plans to conduct air strikes against those responsible for the September 11th attacks.

Once given the orders, CVW-8’s pace quickly picked up in preparations for an air strike. The “Tridents” also responded and added a two-helo CSAR alert package to their busy schedule. “The need for even more ‘up’ aircraft, along with the crews to man them, took the entire squadron to a new level. I was happy to be a part of it,” stated AM2 Steven Kolthoff.

Once they completed their tasking, the men and women of USS Enterprise were relieved by USS Theodore Roosevelt (CVN 71), and began their long voyage home.

See HS-3, Page 3



### HS-3 defends our nation with pride

From Page 12

Having accumulated more than 2,532 total flight hours and conducting 895 sorties, the men and women of HS-3 returned home knowing that they had completed a highly successful deployment. However, they were also aware that their successes would not have been possible without the love and support of our families at home and without the teamwork of all hands.

In his remarks to the families as they celebrated their seven-month reunion, Cmdr. Lee Schonenberg, HS-3’s commanding officer, said, “I’ve always considered serving the United States as a privilege. Taking care of our sons and daughters and achieving great things with them is a thrill that I will enjoy every day while I am their CO. Since September 11th that thrill has crystallized into resolve, and it has been my honor to see our sons and daughters make us proud. They are the everyday heroes that make this country great.”

A “Tridents” HH-60F (above) flies plane guard for an upcoming aircraft recovery as the USS Enterprise operated off the coast of Bermuda.



An HS-11 helicopter prepares to launch from the deck of the USS Theodore Roosevelt as Carrier Air Wing One operates at the tip of the spear in Operation Enduring Freedom.

## At the Tip of the ‘Spear’ HS -11 an integral part of Operation Enduring Freedom

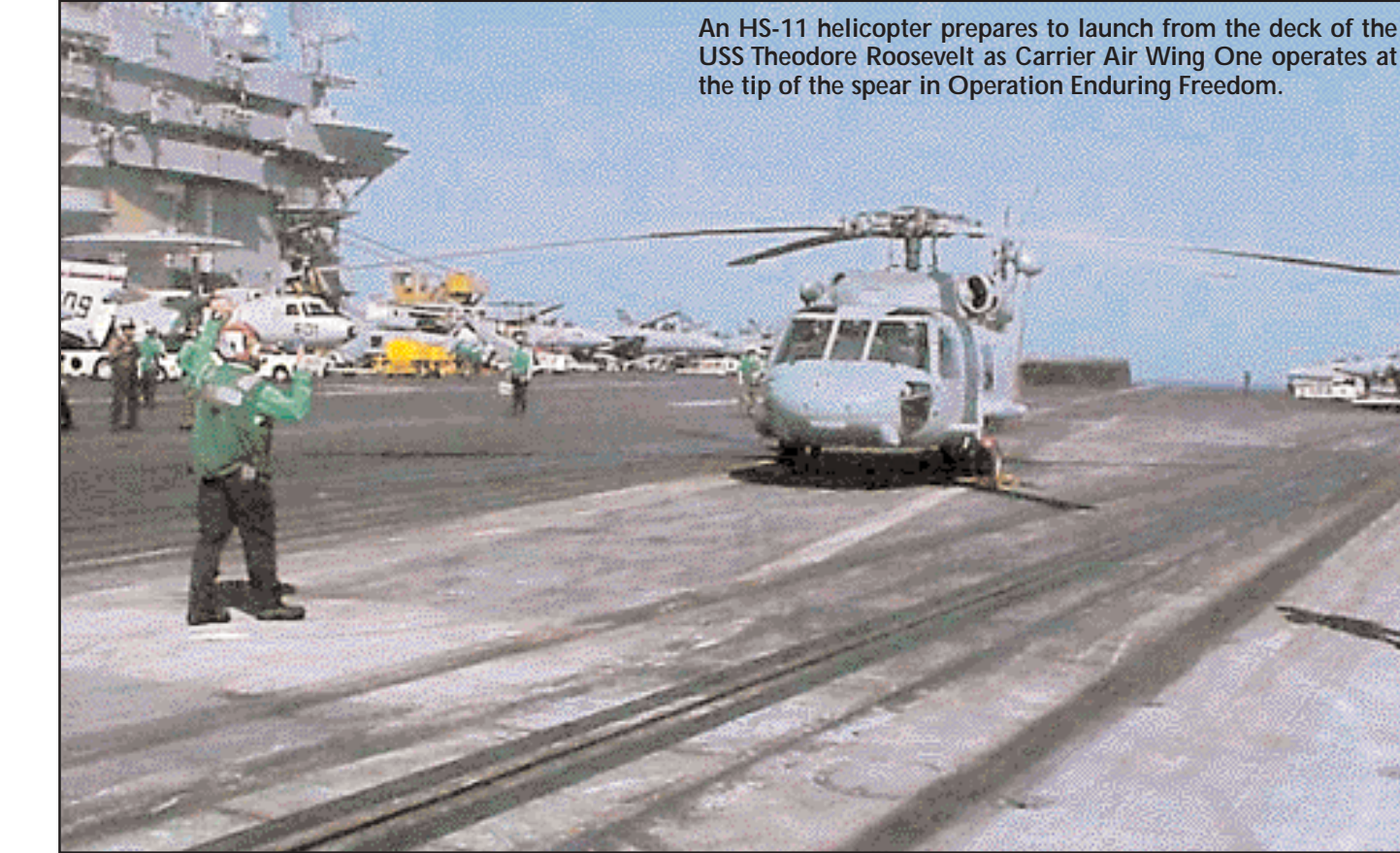


Photo courtesy HS-11

By Lt. j.g. Matt Polzin  
HS-11 PAO

The “Dragonslayers” of Helicopter Anti-submarine Squadron (HS) 11, deployed aboard the USS Theodore Roosevelt (CVN 71) on Oct. 10, as part of Carrier Air Wing One (CVW 1), were ready to take part in Exercise Bright Star in Egypt. HS-11 was to be part of the Coalition Naval Forces assembled in the Mediterranean Sea. Just prior to commencing the first flight operations of the exercise, the USS Theodore Roosevelt (CVN 71) received orders to proceed to the Gulf of Oman for combat operations in support of Operation Enduring Freedom (OEF).

During the Theodore Roosevelt Battle Group’s (TRBG) transit to the Gulf of Oman, HS-11 was tasked to provide airborne battle group force protection for the transit of the Strait of Gibraltar, Suez Canal and Bab Al Mandeb. Equipped with aircraft survivability equipment, the Forward Looking Infrared Radar (FLIR)/Hellfire missile system, and crew-served weapons, HS 11’s HH-60H helicopters were best suited to perform the required protection for the aircraft carrier.

The Theodore Roosevelt Battle Group arrived on station in the Gulf of Oman on Oct. 14 and joined the coalition Battle Groups Enterprise, Kitty Hawk, Carl Vinson and Illustrious from the United Kingdom.

Prior to ordering the Theodore Roosevelt Battle Group to commence Operation Enduring Freedom (OEF) combat operations, Vice Adm. Charles W. Moore, Jr., Commander,

U.S. Naval Forces Central Command and Commander, United States Fifth Fleet visited the USS Theodore Roosevelt (CVN 71). Moore was there to meet with all CVW 1 pilots including those from HS-11. He discussed the future tempo of operations and gave an overall assessment of the current battle space conditions. Additionally, Rear Adm. Mark Fitzgerald, Commander, Carrier Group Eight, visited the “Dragonslayer” Ready Room in order to personally brief the pilots and officers on the significance of the Battle Group’s future combat missions.

The Theodore Roosevelt Battle Group’s first event in support of Operation Enduring Freedom was the launch of “Dragonslayer” 616 on a night plane, guard mission. A plane guard helicopter is an airborne Search and Rescue asset, which must be on station near the aircraft carrier in order for fixed-wing flight operations to occur. Only when “Dragonslayer” 616 was safely airborne were the fixed-wing strike packages able to launch for their missions over Afghanistan.

On Oct. 24, the first Combat Search and Rescue (CSAR) alert was set for CVW 1. CSAR alert postures are required anytime fixed wing aircraft fly in harm’s way. The “Dragonslayers” are prepared for this vital mission.

During the day, as strike operations come to a close, HS-11 continues to fly a variety of missions in support of the Theodore Roosevelt Battle Group. From ferrying passengers, mail and cargo to battle group ships to conducting functional checkflights, HS-11 performs them all with out fail. As OEF operations continue, HS-11 remains ever-vigilant at the “Tip of the Spear.”



Check out what's hap-  
pening with MWR at  
www.nasjax.navy.mil  
and click MWR.

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Get away with ITT and let  
them do all the work while you  
have all the fun. ITT trips are  
open to everyone! Sign up at  
our office located on  
Enterprise Avenue.

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just sit around this  
Thanksgiving weekend! Blast  
off to Kennedy Space center  
with ITT on Nov. 24. Pay one  
price and see everything  
including a launch pad, an  
Apollo rocket, and parts of the  
international space station.  
Enjoy lots of exhibits and  
informational films. You can  
even catch and IMAX film.  
Adults \$34, children (3-11),  
\$26.**

**Jaguars Shuttle - ITT is driv-  
ing to all the home games, so  
you can relax and not worry  
about anything! Stop by the  
office and sign up for only \$7 a  
person, round trip, then catch  
the bus outside of Mulligan's  
two hours before game time.**

**Seasonal St. Augustine - Get  
into the holiday spirit and ce-  
lebrate the season with ITT on  
Dec. 8. Santa will be escorted  
in grand fashion at the 17th  
annual Regatta of Lights boat  
parade. You will have time to  
wander through the city, do  
some shopping and enjoy the  
beautiful decorations. The  
cost is only \$7.75.**

**Mickey's Very Merry Christmas-  
Celebrate the Holiday's with  
Mickey and ITT on Dec.14.  
The festivities start in down-**

## NAS Jacksonville Galley Thanksgiving Day Menu

Breakfast 6:30-8:30 a.m., \$1.60	Candied sweet potatoes	Virginia baked ham, pineapple sauce
Brunch 10 a.m. – noon, \$3.25	Seasoned greens	Fluffy whipped potatoes, whole kernel corn
Thanksgiving Day Dinner – 1-4 p.m., \$5.30	Hot dinner rolls	Macaroni & cheese, chilled cranberry sauce
Turkey noodle soup, Chicken rice soup	Salads	Potato salad, sweet potato , pumpkin pie
Roast Tom turkey	Apple pie, pecan pie, sugar cookies	mixed nuts, Eggnog
Giblet Gravy	Mixed candied drinks	
Cornbread dressing	Fruit, fruit salad	

## Take the guesswork out of roasting a turkey

*From the U.S. Department  
of Agriculture  
Food Safety and Inspection Service*

**B**uying a turkey is  
easy, it's the prepara-  
tion that can become  
a drag. But it doesn't have  
to be!

Here are some tips to fol-  
low when preparing your  
Thanksgiving butterball:

Thawing time in the  
refrigerator (40 degrees)  
should be approximately 24  
hours per 5 pounds.

8-12 pounds, 1 to 2 days;  
12-16 pounds, 2 to 3 days;  
16-20 pounds, 3 to 4 days;  
20-24 pounds, 4 to 5 days.

Thawing time in cold  
water should be approxi-  
mately 30 minutes per  
pound for a whole turkey. 8-  
12 pounds, 4 to 6 hours; 12  
to 16 pounds, 6 to 8 hours;  
16 to 20 pounds, 8 to 10  
hours; 20-24 pounds, 10 to  
12 hours.

After thawing, remove  
neck and giblets from both  
neck and body cavities.  
Wash turkey inside and out  
in cold water, and drain  
well. Thawed turkey may  
remain in refrigerator one  
to two days.

Check manufacturer's  
instruction for the size  
turkey that will fit into your  
oven, the minutes per  
pound, and the power level  
to use for thawing. Cook  
immediately after thawing.

**Roasting a turkey:**  
The following is a  
timetable for a fresh or  
thawed turkey at 325  
degrees. The times are  
approximate and should  
always be used in conjunc-  
tion with a properly placed  
thermometer.

**Unstuffed:**  
8-12 pounds – 2 3/4 to 3  
hours; 12-14 pounds - 3 to 3  
1/4 hours; 14-18 pounds - 3  
3/4 to 4 1/4 hours; 18-20  
pounds - 4 1/4 to 4 1/2  
hours; and 20-24 pounds - 4  
1/2 to 5 hours.

**Stuffed:**  
8-12 pounds, 3 to 3 1/2  
hours, 12-14 pounds - 3 1/2  
to 4 hours, 14-18 pounds - 4  
to 4 1/4 hours, 18-20 pounds  
- 4 1/4 to 4 3/4 hours, and  
20-24 pounds - 4 3/4 to 5 1/4  
hours.

**Roasting Instructions:**

## MWR NOTES

town Disney, for a little holi-  
day shopping. In the evening  
we will ride over to the Magic  
Kingdom for a wonderful night  
of celebration with Mickey and  
all his friends. Transportation  
and entrance fees are \$47.50  
for adults, and children (3-9),  
\$37.50.

### The Zone: 542-3521

Having an office party,  
luncheon or friends over?  
Why do the cooking when The  
Zone can have all your plat-  
ters ready to go and serve.  
For platter orders call The  
Zone.

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Check out our specials avail-  
able Monday -Friday through-  
out the entire facility, Nov. 26  
beef stir fry with fried rice and  
egg roll \$5.25, Nov. 27 ham  
steak with macaroni and  
cheese, veggie and roll \$5.25,  
Nov. 28 Meatloaf with Mashed  
Potatoes, Veggie and Roll  
\$4.50, Nov. 29 chicken and  
dumplings with cornbread  
\$4.75.

Can't get away for lunch or  
dinner? Call the Delivery  
Zone at 542-3900. We bring  
food to you anywhere on base.  
The Delivery Zone has a wide  
assortment of burgers, subs,  
salads, wings, pizzas and  
drinks! If you want to pick-up  
food, pick-up is available until  
8:30pm in the Brew House.

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Need some extra cash this  
holiday season? Try your luck  
at Bingo Monday-Friday dur-  
ing lunchtime or Sunday,  
Monday, Tuesday or Thursday

evening. Our jackpots will  
knock you over.

### 'Tis The Season'

MWR has activities to get  
you in the holiday spirit  
NAS Jax' Annual Christmas Tree  
Lighting will take place on Dec.  
7 in Patriot's Grove on  
Yorktown Avenue. Enjoy  
music, snacks and free pic-  
tures with Santa. Santa  
arrives at 5 p.m. The winners  
of the Command Holiday Card  
Contest will be announced at  
the lighting.

The Holiday Door Decorating  
Contest is a great way to show  
your holiday spirit and win a  
holiday feast for your family,  
two winners from NAS Jax  
Housing and two from Yellow  
Water Housing. Decorate  
your doors in housing by Dec.  
16 for the judges to come  
around Dec. 17 and 18. Prizes  
will be awarded on Dec. 19.  
To enter your door just call  
Family Activities at 778-9772.

Letters to Santa - MWR called  
the North Pole to ask Santa if  
he would write a letter to the  
military children at NAS  
Jacksonville and Yellow Water  
and Santa said "He'd Be  
Honored!" Call Santa's  
Helpers at 778-9772 to regis-  
ter your child or children's  
name between Dec. 3-21 and  
Santa's Elves will have letters  
to them by Christmas.

### Liberty Events

Spend Thanksgiving on the  
Mayflower at Liberty Cove  
Recreation Center and enjoy a  
full turkey and ham dinner  
with all the trimmings and  
what goes best with food on  
Thanksgiving? Football of

course. Watch all your  
favorite games on the big  
screen and play yourself  
against Mayport's Liberty pro-  
gram that are coming over to  
share in the festivities.



Catch the Liberty Van and  
watch the Shuttle Launch at  
Cape Canaveral on Nov. 29. The  
van is scheduled to leave at  
3:30 p.m. sign up in Liberty  
Cove.

USO Pal Day in St. Augustine  
will be Dec. 1 get in all the  
attractions and eat lunch for  
free. Sign up for the shuttle in  
Liberty Cove.

Still need to do Christmas  
shopping? Liberty is heading to  
The Avenues Mall on Dec. 6  
at 5 p.m.

After you buy all those gifts  
Liberty is heading to Barracks  
#822 for free gift wrapping  
between 3:15 p.m. and 6 p.m.

Wanted: Santa's return reward:  
\$200 NEX Gift Certificates.

Santa is hidden somewhere  
on-board NAS Jacksonville  
and your mission is to find  
him and safely return him to  
Liberty Cove Recreation  
Center. Starting Nov. 26 daily  
clues to help find Santa will be  
posted in Liberty Cove.

For more information on  
Liberty give us a call at 542-  
3491/1335.

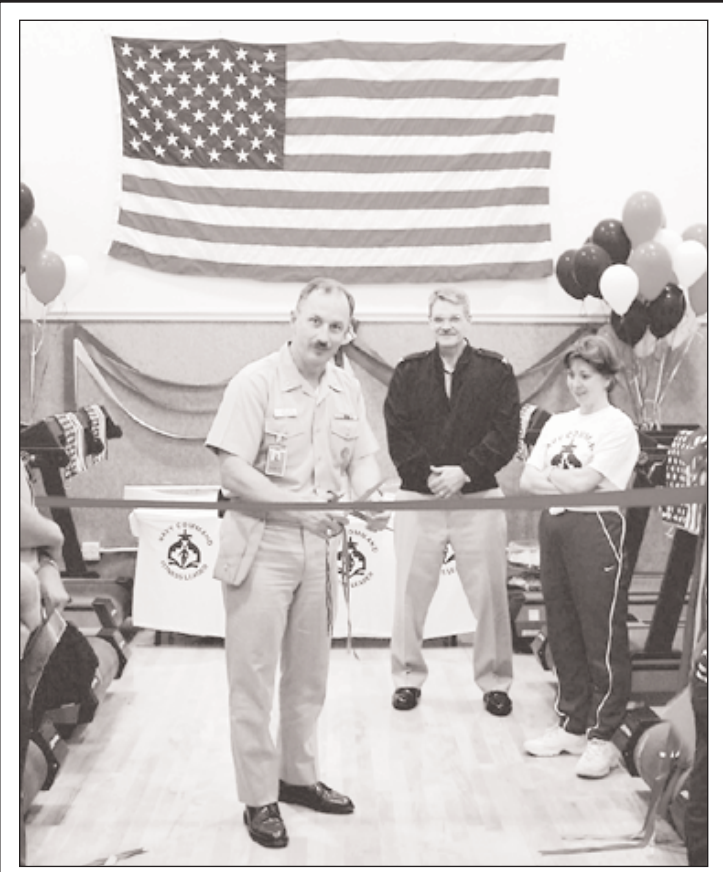


Photo by Kaylee LaRocque

Capt. Mark Boensel, Commanding Officer, NAS  
Jacksonville, cuts the ribbon to officially open a new  
workout room in one of the base gym's four racquetball  
courts as Capt. Ralph Lockhart, Commanding Officer,  
Naval Hospital Jacksonville and Barbara Millhollan,  
Fitness Center Director look on. The new area features 16  
treadmills and was created due to the high demand for  
more workout equipment.

## STORY TREE

A LEARNING AND GROWING  
EXPERIENCE FOR PRESCHOOLERS  
AND THEIR PARENTS

We're now accepting enrollments for age's 3-5

The program includes parent/child experience  
encompassing literature, music, craft, and creativi  
movement activities.

The participants will be introduced to many  
"school readiness" skills including listening to and  
following directions, interacting with adults and  
peers, hand/eye coordination, fine motor,  
sequencing, predictions, sorting, memorization,  
and more.

The program is lead by an early childhood  
educator with award winning experience.

Sessions are held at NAS JAX Youth Center  
The fee is \$34.00 per month per child  
The Group meets every Wednesday  
from 10:00 - 11:15

To register call MWR Youth Center at 778-9772  
Class is limited to 12 students

surfaces and your hands  
thoroughly after it has  
touched the raw turkey



## ITT's Giving Tree Program: How to 'give from the heart'

**G**ive a gift from your heart this Holiday Season  
and help a fellow Navy Family have a brighter  
holiday by participating in the Giving Tree  
Program. Stop by the ITT Office and pick an ornament  
off our Giving Tree. Each ornament allows you the  
opportunity to make someone's Holiday Season a little  
brighter this year by purchasing for them a gift off  
their wish list. The Giving Tree is located inside the  
ITT Office across the street from the Post Office on  
Enterprise Avenue (right next to the Tailor Shop). For  
more information call the ITT Office at (904) 542-3318  
ext. 8.

before using them with  
other foods to avoid cross-  
contamination.





4-on-4 flag football has meeting on Dec. 5

This intramural league is open to all NAS Jax active duty commands and personnel. The meeting will be held in the Main Event at “The Zone” at 11:30 a.m. The season is scheduled to begin in January and games will be played in the evenings under the lights. All interested personnel should attend the meeting to discuss rules and to get the required paperwork to join the league.

3-on-3 holiday basketball tournament set for Dec. 10

This is a Captain’s Cup event and open to all NAS Jax active duty commands. The tournament is free and will be held at the NAS Jax Gymnasium at 4 p.m. Teams must consist of three or four players from the same command. Awards will be for 1st, 2nd, and 3rd place. Teams must sign up by Dec. 7 by calling 542-

2930/3239.

Sports officials, scorekeepers needed

North Florida Military Officials Association looking for individuals to officiate soccer, softball, football, and volleyball at NAS Jax. Scorekeepers also needed for basketball and softball. Experience is not required. If interested, contact Al Vandercar 282-0809.

Greybeard Basketball League begins play Nov. 27

The Greybeard League is open to all NAS Jax active duty commands and personnel ages 33 and above. The season is scheduled to begin Nov. 27 with games played Tuesdays and Thursdays at 11 a.m. and noon. Interested personnel should stop by the gym and to get required paperwork to join league.

Men’s varsity basketball team in need of coach

The NAS Jax Athletic Department is looking for an experienced military or civilian individual who would like to coach the Men’s Varsity Basketball Team. The team represents

NAS Jax in military and community tournaments in the Southeast Region. Interested personnel should contact the NAS Jax Athletic Department.

Running, triathalon teams seek new members

Want to represent U.S. Navy in 5K, 10K, marathons, and/or triathlons? U.S. Navy will showcase elite active duty men and women in regional races. Uniforms provided as well as transportation, entry fees, and lodging costs.

Interested runners must compete in sanctioned (USA Track and Field, USA Triathlon Association, or Roadrunners Clubs of America) race and your time must be one of top ten regional qualifying times. If you have run in sanctioned race and your time meets regional qualifying time, contact your base athletic director.

For more information about any of the sports articles, call Bill Bonser, Sports Coordinator or Mike Gorman, Athletic Director at 542-2930/3239 or e-mail us at dbonser@nasjax.navy.mil or dgorman@nasjax.navy.mil. Visit the MWR website at www.nasjax.navy.mil/mwr.

Southeast Regional Qualifying Times		
5K	Men 19:00	Women 24:00
10K	Men 34:00	Women 46:00
Marathon	Men 3 Hours 30 Min.	Women 4 Hours
Triathalon	Men 2 Hours 30 Min.	Women 3 Hours
Triathlon time based on 1.5k swim, 10k run, 40k bike.		